Marisa Avendano enters her fifth season as the Cross-Country coach.

Avendano brings an abundance of cross-country and track and field experience to the SCC program. A graduate of Paramount High School in L.A., she was a CIF champion in the 1600m and runner-up in the 3200m, recording personal bests of 5:01 and 11:08 respectively.

Coach Avendano won numerous conference titles in both cross-country and track while attending California State University-Los Angeles and then Sacramento State. Along the way she also earned nine All-American awards for her performances at NCAA cross-country and track & field championships. She was the first athlete in the history of CSUS athletics to earn Division I All-American honors. Avendano received her B.S. in accounting from CSUS in 1998 and recently completed her Master of Science degree in Kinesiology.

Program Information

Head Coach: Marisa Avendano
Phone Number: (916) 558-2483
E-Mail Address: avandam@scc.losrios.edu
First Year @ SCC: 2000
First Year as Head Coach: 2001
Top Returners

Men: Brody Van Koten (Fairfield HS)
Women: Melissa Garcia (Woodland HS)

Top Newcomers

Men: Miguel Rosales (Burrought HS)
Women: Cassandra Quinonez (Fairfield HS)

2004 Cross Country Results

Women: 2nd place at the Bay Valley Conference Championship and competed at the State championships.

Men: 3rd place at the Bay Valley Conference Championship

Panther Transfers

Alana Nelson - UC Davis
Kira Otten - Mills College